

WORLD NO TOBACCO DAY: How would becoming tobacco-free improve what matters to you?

- Incredibly, your risk of a heart attack drops within 24 hours of quitting.
- Do you exercise? If so, it will get easier because your lungs and heart will work better. If you don't, you may find you're ready to give it a try.
- You'll reduce your risk for blood clots that can cause strokes and heart attacks.
- Your mood will improve, and you'll have fewer symptoms of anxiety and depression.
- If alcohol or drug use is a problem for you, consider that quitting smoking helps with long-term abstinence.



Your Health

- Less time taking smoke breaks or looking for a place to spit will mean more time doing activities you enjoy.
- You'll find it easier to focus on work and tasks in your daily life.
- You'll miss fewer days of work due to health issues.
- No more worrying about the smell of smoke on your clothes or your breath — people around you will notice this great change!
- No more buying tobacco products means more money for you.



Your Work and Social Life



- Over time, you'll get better sleep. Wouldn't that be nice.
- You'll begin to breathe better.
- Your immune system will be able to put up a better fight so you'll heal better and lower your risk for infections, like those in your lungs.
- If you have chronic pain, your symptoms will improve, and you will have less pain.
- You'll increase your chance of a healthy pregnancy.
- Your improved senses of taste and smell will make food more enjoyable.
- Your outer appearance will start to reflect the healthy changes taking place in your body. You'll have less tobacco staining on your teeth, your skin will look healthier, and your breath will smell better.

Your Personal and Family Life



- You'll protect the health of your loved ones (humans *and* pets) because you'll no longer be exposing them to secondhand smoke.
- Kids in your home will have a lower risk for asthma attacks, lung issues, and ear infections.
- Your kids or grandkids want you to play with them? No problem, because you won't get out of breath so easily.
- With you as a tobacco-free role model, your kids and grandkids will be less likely to use tobacco in the future.